

Kinsmen Sherbrook Pool (381 Sherbrook Street)

Schedule effective **September 27 – December 9 2020**

Pool height entry requirement
44" / 112 cm at the shoulders

***** FACILITY CLOSED AND ALL PATRONS TO LEAVE BUILDING BETWEEN TIME SLOTS FOR CLEANING *****

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim	Loonie/Toonie 1:45 pm – 4:30 pm	Regular Admission 2:00 pm – 3:45 pm	Loonie/Toonie 9:00 am – 11:00 am 2:30 pm – 5:00 pm	Regular Admission 2:00 pm – 4:15 pm	Regular Admission 2:00 pm – 4:15 pm		Regular Admission 5:30 pm – 7:00 pm
Lap Swim <i>*shared/limited</i>	11:15 am – 1:15 pm	6:45 am – 8:45 am 12:00 pm – 1:30 pm	11:30 am – 2:00 pm	6:45 am – 8:45 am 12:00 pm – 1:30 pm	12:00 pm – 1:30 pm 6:00 pm – 8:00 pm	6:45 am – 8:45 am	
Specialty Swim times	Women Only 5:00 pm – 7:00 pm					Free Swim 12:00 pm – 2:15 pm 2:45 pm – 5:00 pm	Free Swim 3:00 pm – 5:00 pm
Gym	9:00 am – 10:45 am 11:15 am – 1:15 pm 1:45 pm – 4:30 pm	6:45 am – 8:45 am 9:15 am – 11:30 am 12:00 pm – 1:30 pm 2:00 pm – 3:45 pm 4:15 pm – 7:30 pm	9:00 am – 11:00 am 11:30 am – 2:00 pm 2:30 pm – 5:00 pm	6:45 am – 8:45 am 9:15 am – 11:30 am 12:00 pm – 1:30 pm 2:00 pm – 4:15 pm 4:45 pm – 8:00 pm	9:00 am – 11:30 am 12:00 pm – 1:30 pm 2:00 pm – 4:15 pm 7:00 pm – 8:00 pm	6:45 am – 8:45 am 9:15 am – 11:30 am 12:00 pm – 2:15 pm 2:45 pm – 5:00 pm	11:45 am – 2:30 pm 3:00 pm – 5:00 pm 5:30 pm – 7:00 pm
Drop-In Fitness Starts Oct 5		AquaLite 10:00 am - 10:45 am Oct 5 – Dec 7		AquaLite 10:00 am - 10:45 am Oct 9 – Dec 11		AquaLite 10:00 am - 10:45 am Oct 11 – Dec 13	
Registered Fitness Starts Oct 4	Paddleboard Bootcamp 9:15 am – 10:00 am Paddleboard Bootcamp 10:15 am – 11:00 am	Aquafit Specialty Arthritis 9:15 am – 10:00 am Aquafit Specialty Arthritis/Fibromyalgia 10:45 am – 11:30 am Aquafit Specialty Arthritis/Fibromyalgia 6:15 pm – 7:00 pm	City Circuit 5:30 pm – 6:30 pm Paddleboard Yoga 5:45 pm – 6:30 pm Paddleboard Bootcamp 6:45 pm – 7:30 pm	Aquafit Specialty MS 10:45 am – 11:30 am	Music of the 70's + 80's Aquafit 4:45 pm – 5:30 pm City Circuit 5:30 pm – 6:30 pm	Aquafit Specialty Arthritis 9:15 am – 10:00 am Aquafit Specialty Arthritis/Fibromyalgia 10:45 am – 11:30 am	

CLOSED : Thanksgiving Day – October 12th, Remembrance Day – November 11th, ALL DAY

Visit <http://winnipeg.ca/cms/recreation/registration.stm> for Registration Information. Check in-person registration times at the facility of your choice.

Check Swimming for all Ages at <http://winnipeg.ca/cms/recreation/leisureguide.stm> for swim course codes

Hours subject to change - Call 311 or visit http://winnipeg.ca/cms/recreation/facilities/pools/indoor_pools/indoorpools.stm for schedule updates

Reserve an available space using your Active Living Membership. Drop-in classes will be released on a week-by-week basis. Every Thursday another week will be added.

Go to winnipeg.ca/leisureonline, call 311 or visit any in-person registration location to reserve